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Congratulations, you are just about ready for your new braces! Today we placed **separators** to make spaces between your teeth so the bands can be placed.

Please follow these instructions while they are in place:

- **Please check the separators twice a day to make sure they are still in place.**
- **Do not floss between the teeth that have the separators between them.**
- **Continue to brush your teeth twice a day or more.**
- **Your teeth may become sensitive where the separators are placed. It helps to chew on the plastic “bite wafers” which we have provided for you. Please use these bite wafers at anytime during your orthodontic treatment if you are having discomfort.**
- **Do not eat any sticky, chewy foods such as taffy, caramel, gum, etc. These foods will pull yours “seps” out.**
- **If one should happen to fall out, please let us know immediately. If one should come out during the weekend, please contact us on Monday.**